

## The American Excess Of Good Living

The Principal Cause of the Great Prevalence of Indigestion and Dyspepsia

A Trial Package of Stuart's Dyspepsia Tablets, Sent Free.

Men inhale every part of the globe where external influences can be successfully resisted. Food is an important element in effecting this, and nature has provided for it accordingly. The colder the climate the more animal food and oily substances are required; the warmer a preponderance of vegetables and fruits is necessary in one's diet.

The whole-blubber of the fur-clad Eskimo, and the rice of the nude African, are as much necessities of locality as matters of choice. The same indications exist in civilization. Thus, the diet in America and England is essentially different from that in Italy, Spain and Egypt.

The effects of universal communication are nowhere more obvious than on the luxurious table. To furnish the refined cuisine, all climates, both sea and land, are laid under contribution, and the stomach is expected to digest, without assistance everything that is put into it. Combining together such varied products, and the neglect of the relation between climate and foods, are very active causes of dyspepsia.

The heavy substantial dishes of this climate accord badly with the thermometer at ninety degrees; and an inflexibility in regulating the kind and quantity of food is a cause of a large proportion of the ill health and stomach troubles among the English and Americans.

Thousands of people who have suffered from stomach troubles, and a general ill-health resulting therefrom, because of a badly regulated diet, and the ingesting of an excessive amount of food at the table, have obtained speedy and permanent relief by means of a simple expedient—that of using one or two small Stuart's DYSPEPSIA TABLETS after each meal, or whenever any of the well-known symptoms of indigestion are present. These powerful digestive tablets contain every element that exists in the stomach to digest the food, and in the exact proportion as found therein. They take the place of the natural digestive juices when the latter are deficient in quality or quantity, and do their work for them, removing the indigestion by digesting the food, and restoring, strengthening and purifying the digestive tract.

There is no other digestive remedy on the market which has been found equal to Stuart's Dyspepsia Tablets; none which is so rapidly and powerfully efficient, or which removes discomfort, banishes stomach-pain, and relieves and cures all the symptoms of dyspepsia and indigestion in so thorough and pleasant a manner as these marvelous little tablets, a single grain of which is capable of digesting 3,000 grains of any kind of food.

All persons who are annoyed with stomach troubles of any kind, should use Stuart's Dyspepsia Tablets, which will remove such troubles in very short time. Purchase a box from your druggist, and send us name and address for free sample. Address F. A. Stuart Co., 150 Stuart Building, Marshall, Mich.

## Thermos Bottles

Pints, black	\$3.00
Pints, nickel	\$3.75
Pints, pig skin	\$4.75
Quarts, black	\$5.75
Quarts, nickel	\$5.75
Lunch Boxes, nickel	\$1.00

Hide and Wicker Cases of various styles.

John & Geo. H. Bliss, JEWELERS.

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## EARLY PROTECTORS OF THE STATE

Captain John Mason who Founded Norwich was the Leader of the First Trainband in Connecticut—There were Troubles in those Days.

The military unit in the Connecticut colony from 1633 until the beginning of the Revolutionary war was the trainband, performing the functions of the national guard company of the present time. The first trainband in the colony was commanded by Capt. John Mason and comprised forty men, one from each of the four parishes of the town of Norwich, and was known as the Pequot war.

It was a sturdy war organization and rendered a great service in extirpating the Pequot. Captain Mason was the prototype of Israel Putnam in courage, energy and leadership, and was the founder of Norwich.

The ancient trainband was founded for military service in most of the towns in the colony, and was fostered by the civil authorities. Exemptions from the service, including watchings, training and poll tax, were granted on the certificates of medical practitioners. Gershom Bulkeley, Daniel Hooker and Thomas Hooker, all medical practitioners, gave a certificate of exemption to John Howard of Wethersfield, Sept. 21, 1711, and he was freed from watching, training and poll tax. The certificate was accepted by both houses of the general court and the exemption was authorized. The document, which is in the possession of the state library, is in the handwriting of Dr. Bulkeley.

Peter Pratt.

Peter Pratt, who was the king's attorney in Hartford, petitioned the general court May 27, 1723, for exemption from training, which came during the term of the court, when he was attending to "the king's business," and was fined for not training. He had served as a clerk in the expedition with northern savages, and his sickness, which lasted five years and cost him hundreds of pounds from his estate. He asked in his petition "if it was compatible with his office to attend to the king's business, and if not, about the streets on his left shoulder a musket of six or seven foot barrel for five days in a year and a knapsack of law books under his contrived arms." The general court took up the case with more or less sympathy and freed Mr. Pratt from the burdensome trials, while he was king's attorney. Thomas Kimberly was clerk in the lower house and certified that the exemption had been granted.

Mixup at Saybrook.

Samuel Jones and John Pratt of Saybrook memorialized Gov. John Winthrop and members of the general court Oct. 10, 1693, stating that many of the Saybrook trainband had "lapsed" under the command of Lieut. John Clark as Fort soldiers. (The symptoms of "Fort" is interesting. In many cases words beginning with f had the double formation.) Difficulties beset the Clark transaction in enlisting the Saybrook trainband men. The record in the controversy was given to his majesty's honored and superior court of records in Hartford April 25, 1699. It appears that on April 3, 1699, the trainband at Saybrook had elected Samuel Jones captain and John Clark lieutenant. This election occurred six months before the complaint was made concerning the enlistment of trainband men as Fort soldiers.

Wallingford Church Deacon.

At the May session, 1725, a case came up, showing that a trainband officer could not serve at the same time that he was a church deacon. The general court was informed that Lieut. Samuel Moss had been elected a deacon in the church of Wallingford, and desired to be discharged from military service. Capt. Theophilus Yell of the West Wallingford trainband conducted the election, filing the vacancy caused by the withdrawal of Deacon Moss. Thomas Mills was elected May 10, 1725. The election was confirmed by both houses of the general court.

Men for Her Majesty's Service.

In May, 1702, an act was passed for the more speedy raising of men out of the trainbands for her majesty's service. A proportion of "Centinels" was to be drawn out of each band, making up the quota that was needed. On June 19, 1711, a quota of 360 effective men was authorized by the general court. The trainbands in the Connecticut colony furnished large numbers of men for military duty during the French and Indian wars.

Matthew Griswold of Lyme.

In 1675 election troubles were experienced by the trainband in Lyme. Matthew Griswold was a member of

the company and his brother-in-law, Abraham Brownson, was a candidate for the captaincy. There had been a vote by the members, which proved to be ineffective. By advice of the general court the company proceeded to the choice after a sermon by the Rev. Moses Noyes. Some were in favor of Joseph Peck for the office, but Abraham Brownson was chosen. "Thirty-two men stated that Brownson and Peck had an equality of votes. Matthew Griswold was on a journey 'into the bay' at the time of the election and was deprived of his vote. On returning home the men urged him to vote for his brother-in-law, Abraham Brownson. Waiter Davis, who was also on a journey at the same time with Matthew Griswold, made an affidavit that he would have voted for Mr. Brownson had he been present at the election. The affidavit of Davis is signed by his mark. The Rev. Mr. Noyes testified that Brownson was elected.

Captain Bishop's Removal.

In 1716 Captain Bishop of the East Guilford trainband removed from that place to the town of Coventry, leaving a vacancy in the company. By virtue of an order from Governor Saltonstall and the major of the New Haven county regiment, bearing date of May 25, 1716, the vacancy was filled. Lieut. Meigs was made captain. Thomas Cruttenford was elected lieutenant and John Scranton ensign. Benjamin Strong was clerk of the trainband and reported the proceedings to the general court, which confirmed the nominations.

James Wadsworth of Durham was captain of the trainband in that town in 1716. He became clerk of the house of representatives in May, 1717. On the last of May, 1716, he led the trainband to an election, which resulted in the choice of Henry Crane as captain. It fell to the lot of Clerk Wadsworth of the house to report the election of Captain Crane, which was confirmed by the general court.

The general court of 1714 was informed officially of the election of Dr. John Sabin as captain of the Pomfret trainband. Philomen Chandler was elected lieutenant and Leosteeb Groves ensign. Chandler was clerk of the trainband in 1710 and became captain May 1, 1728.

Governor Talcott Reviled.

The second company or trainband of Torrington was carried to a high pitch of excitement on account of abusive and objectionable language against Governor Joseph Talcott, which was used May 22, 1726. Governor Talcott was elected in 1725 and held the governorship 25 years. The offensive language was used by Captain Ephraim Minor of the trainband and was reported to the general court. The point of view, on July 20, 1727, William Denison made oath before Nathan Chesebrough, justice of the peace, that he had heard Captain Ephraim Minor use the language that was alleged. Ebenezer Billings also swore that he had heard the language used against Governor Talcott. There is nothing in the records showing that Captain Minor was dismissed from the service. In 1729 Sergeant William Avery was elected lieutenant of the trainband and Thomas Minor was made ensign.

Not Always Plain Sailing.

It was not always plain sailing in the general court, which had a way of refusing confirmations of trainband nominations that was surprising. One of the curious cases was that of the Saybrook trainband in 1716. Captain Samuel Willard of this company died January 19, 1716. The election of a successor was called for October 4. On that date William Pratt was chosen captain and Nathaniel Pratt lieutenant. Samuel Pratt was clerk of the company and notified Governor Saltonstall, who was at the session of the general court in New Haven, concerning the proceeding. "Negativity in the lower house" was the endorsement. "Negativity" was a frost.

New Haven "Trained" Band.

October 9, 1653, Thomas Kimberly notified the general court, then in session at New Haven, that the soldiers of the "trained" band of New Haven elected on the 3 of that month Moses Mansfield captain and Sergeant Abraham Dickerman lieutenant. May 11, 1656, the band elected Daniel Sherman ensign.

The Lebanon trainband elected John Mason captain, May 12, 1702. Jeremiah Fitch was elected lieutenant and Joseph Bradford ensign. These elections were confirmed by the general court.

Nearby Elections.

Thomas Holcomb was elected captain of the Simsbury trainband November 6, 1713, and was confirmed by both houses. John Ellsworth was elected lieutenant of the trainband on the east side of the great river in Windsor, May 18, 1713. The clerk of the company was "Will" Woolcott. The election received the endorsement of the general court.

The Newington trainband was led to an election of officers by Captain Thomas Wells of Wethersfield, October 12, 1725. John Caldwell was elected captain, Ephraim Denning lieutenant and Richard Boardman ensign. This election was ordered July 12, 1726, and the officers were confirmed at the October session.

Charges of Powder and Ball.

Corporals Nathan Loomis and Return Strong were ordered September 4, 1703, to warn the troopers in their town to appear in Hartford Friday morning next at 8 o'clock with long and short arms completely fitted and appointed with three charges of powder and ball to each firelock to attend the trains of a trooping day.

Guard Mount on the Lord's Day.

At the May session in 1714 a law was passed that no town or officers therein shall be obliged to mount any guard of soldiers on the Lord's day or on days of public worship, except only in time of war, any law, usage or custom to the contrary notwithstanding.

Commission of David Goodrich.

The commission of David Goodrich as captain of the Northampton trainband in Wethersfield, issued by Governor Saltonstall in 1712, the eleventh year of the reign of our sovereign Lady Anne is comprised in the military archives in the state capitol. Librarian Godard has had these manuscript documents catalogued and the index which has been made by E. M. Pickett of the state library, is in the hands of the printer.

SCHOLARSHIP AWARDED TO MARGARET KINNEY

Two Other Ninth Grade Pupils in Central District Commended.

For several years a scholarship has been offered by the Norwich Art school to pupils of the ninth grade of the Central district. This entitles the successful pupil to attend the evening art classes during the winter and spring terms.

This year the scholarship has been awarded to Margaret A. Kinney, with special commendation of the work of May Ansell and Guy Sullivan.

"I had a new hat sent home today," exclaimed the editor's wife, "and it's a poem." "That's what it is all right," replied the editor, "and it's back." —Philadelphia Record.

## Weak Stomach

Test Sample of Mi-o-na Stomach Tablets Free to All

If you have indigestion, dyspepsia, sour stomach, dizziness or biliousness, no matter how long standing, Mi-o-na stomach tablets will cure, or your money back.

Thousands are getting rid of indigestion by using Mi-o-na. Here is what one man writes: "I want to speak a good word for Mi-o-na and what it has done for me. I suffered something terrible with dyspepsia and indigestion. It was almost impossible for me to eat anything. Day after day I would go without eating anything. One day I read your ad in the Bangor Daily News. I got a box, and before it was gone I could sit down to the table and eat anything. Thanks to Mi-o-na." Herbert L. Patterson, Brewer (Bangor, Me., 1909).

Mi-o-na stomach tablets are made from the best prescription ever written—by a cure to stay cured. They relieve distressed stomach in a few minutes. They are sold by druggists in every town in America, and by the Lee & Oswego Co. A large box costs but 50 cents. Test samples free from Booth's Mi-o-na, Buffalo, N. Y.

## HYOMEL

Cures catarrh or money back. Just breathe it in. Complete outfit, including inhaler \$1. Extra bottles 50c. Druggists.

CONNECTICUT PENSIONS

Pass the Senate and Will Now Be Signed by the President.

(Special to The Bulletin.)

Washington, Jan. 20.—The senate on Thursday passed the following Connecticut pension bills, all of which have already passed the house and will become laws as soon as they are signed by the president: In behalf of Francis Burroughs of Danielson, Company B, Eighteenth Connecticut volunteers, at \$24 per month; in behalf of George E. Leonard of Waterford, Company B, Ninth Rhode Island volunteers, at \$12 per month; in behalf of James C. Jennings, of South Coventry, Company D, Eighth Connecticut volunteers, at \$20 per month.

The senate also passed today the following Connecticut pension bills, all introduced by Senator Braden: In behalf of Thomas B. Fish of Noank, Company C, Twenty-sixth Connecticut volunteers, at \$30 per month, and in behalf of Charles E. Wilman of New London, late of the United States navy, at \$24 per month.

Birthday Party.

On Saturday evening, Mr. and Mrs. William H. Bennett were given a surprise party at their home in Preston by their children, in celebration of Mr. Bennett's birthday. During the evening an orchestra was served, all so cake, coffee and fruit. As a birthday gift Mr. Bennett was presented a handsome Morris chair from the children. After supper the happy company adjourned to the sitting room where a social hour was enjoyed with instrumental music and singing. About ten o'clock the party went home, wishing Mr. Bennett many more happy birthdays.

Connecticut Probate Assembly.

The annual meeting of the Connecticut probate assembly will be held at the capitol in Hartford on Wednesday, Feb. 9, 1910, at 10.30 a. m. Officers will be elected, committee reports of special interest will be considered, of which every judge is especially interested. Other subjects for discussion are presented by Messrs. E. M. Carrington is president and Joseph B. Banning secretary.

## Children Cry FOR FLETCHER'S CASTORIA

## SATURDAY'S MENU

Sirloin Steak	lb. 15c
Porterhouse Steak	lb. 16c
Prime Rib Roast Beef	lb. 15c
5 lbs. Pickle Pigs' Feet	25c
5 lbs. Honeycomb Tripe	25c
Fresh Shoulders	lb. 12½c
A good barrel Flour	\$6.25

A few of the bargains offered at 36 Franklin St. HENRY NORMAN.

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FOR 10 DAYS ONLY

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Wet Wash Way

A trial convinces. May we have a trial from you? Price as low as work is good.

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Custom Tailored OVERCOATS and SUITS

A Large Section of our Store Entirely Devoted to this Sale.

Hundreds of Exclusive Overcoats and Suits for Your Selection.

\$20 Black and Fancy Overcoats at \$10

\$18 Imported Beaver Overcoats at \$10

\$16 Kersey and Melton Overcoats at \$10

\$20 Thibet and Worsted Suits - at \$10

\$18 Blue Serge and Fancy Suits at \$10

\$16 Fine Worsted and Cheviot Suits at \$10

OUR \$10 WINDOW DISPLAY TELLS THE STORY IN A MINUTE.

\$1.98 ANOTHER SALE OF CUT FROM ENDS \$1.98

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Silk and Cloth Dresses \$10.00 and \$12.50

Separate Coats \$10.00

Evening Coats and Capes \$15.00

Silk and Net Waists, in black and colors, \$3.75

Exclusive Dressy Waists \$10.00

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Amberola

A new Edison Phonograph

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An opera singer's voice may leave nothing to be desired, while the personality of the artist may lack much. For instance, it is more pleasing to listen to Blanche Arrol than many of the other prima donnas, because she is a beautiful woman. So it is with the Amberola. The beauty of its exterior is in perfect keeping with its incomparable tonal qualities. The Amberola is a delight to the eye as well as to the ear. See and hear the Amberola at your dealer's today. Price, \$200.00.

Slezak—And when you go to hear the Amberola, be sure to ask to hear the new Grand Opera records by Leo Slezak, the famous new lyric tenor of the Metropolitan Opera House, New York. Slezak has made ten new records for the Edison, from the most prominent operas in which he sings—Amberol Records. Remember that only Amberol Records render Grand Opera as it should be played.

Edison Phonographs \$12.50 to \$200.00 Edison Amberol Records (play twice as long) \$ .39 Edison Standard Records . . . . . Edison Grand Opera Records . . . . .75 and 1.00

There are Edison dealers everywhere. Go to the nearest and hear the Edison Phonograph play both Edison Standard and Amberol Records. Get complete catalogs from your dealer or from us. National Phonograph Co., 75 Lakeside Avenue, Orange, N. J.

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but we advise those anticipating purchasing to get busy and take advantage of the opportunity now offered, as we can safely say prices have never been slaughtered to the extent we have gone at this sale.

## Overcoats and Suits

of the famous STEIN-BLOCH standard at prices that represent only a portion of their value, besides all Odd Suits and Overcoats are going at half price and less.

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